



Coping with Transition

Transition is a fact of life when you are in the military and illness or injury may lead to additional transitions you were not anticipating. Service members may find themselves transferring to a different duty station to be closer to medical resources, transitioning to a different level of care, returning to their units following treatment, or transitioning out of the military.

Even when these changes are viewed as positive, they can still have an effect on you. Service members may now have to deal with finding a new place to live, getting to know new medical providers, adjusting to new shipmates and leadership, leaving behind friends and family, financial changes or finding civilian employment. Each of these scenarios can cause feelings of stress, anxiety or depression. Below are some tips to help make the transition process easier for the service member and their loved ones:

Tips	Strategies
Use your established network	If you are moving, reach out to people you know who are either currently living or have lived in your new area. They may be able to recommend places to look for schools, homes or employment opportunities. Your network might include family, friends, coworkers, community organizations, civic leagues, or faith-based organizations.
Take care of yourself	The demands of transitioning may make it difficult to take care of yourself. You may give up physical activity, eat on the run, and skimp on sleep. This may sabotage your mood and energy level, and could cause your recovery to take longer. Exercise regularly and pay attention to your needs and feelings.
Utilize your resources	It's not always possible to foresee changes or control your circumstances, but resources exist to help you cope with and manage these situations as they occur. Explore the resources provided to be well prepared for your upcoming changes.
Accept that change is a part of life	Accepting that there are things in your life you cannot change can help you focus on those things that you do have control over, such as your response to stress and setting and working towards your goals.
Take charge of your healthcare	Write down your important health information, make sure you have a complete list of current medications and note any questions you may have prior to meeting with your new healthcare team.



Resources

inTransition Program

A joint effort between the Military Health System and the Defense Center of Excellence, *inTransition* is a voluntary and confidential program to support you as you move between health care systems or providers. The program offers a personal coach, along with resources and tools, to help service members who are currently receiving mental health care during a transitional period.

<http://www.health.mil/intransition/>

1-800-424-7877 inside the United States

1-800-424-4685 (DSN) outside the United States toll-free

1-314-387-4700 outside the United States collect

Military OneSource

Offers valuable information for transition assistance for members who are transitioning to civilian life. They also have online and telephone counseling options for service members and beneficiaries as well as information on stress management, education, civilian employment and more.

<http://www.militaryonesource.mil/wounded-warrior>

1-800-342-9647

Naval Center for Combat and Operational Stress Control (NCCOSC)

NCCOSC has resources for service members and their families regarding stress management, post-traumatic stress disorder (PTSD), homecoming tips, sleep management and tips for talking to children about war.

<http://www.med.navy.mil/sites/nmcsc/nccosc/Pages/welcome.aspx>

Marine Corps Community Counseling and Prevention Services

This webpage combines Suicide Prevention and Combat Operational Stress programs with a new Community Counseling service designed to improve referrals to specialty care.

https://www.manpower.usmc.mil/portal/page/portal/M_RA_HOME/MF/G_Behavioral%20Health/B_Suicide%20Prevention